

YONKERS RISING

PRESORT-STD
U.S. POSTAGE
PAID
White Plains, NY
Permit #7164

Vol 110 Number 42

www.RisingMediaGroup.com

Friday, October 16, 2015

‘Yonkers Billion’ In Development is Real



A rendering of RXR-Rising Development's Larkin Plaza project.

By Dan Murphy

The City of Yonkers has seen an economic boom over the past four years, due in part to the national economic recovery and the increased development and expansion, from New York City to its outer boroughs and the suburbs.

Critics of the recent announcement that the city has \$1 billion in development projects planned or underway include Republican mayoral candidate Bill Nuckel, who questioned publicly whether

the projects are real, and what development has actually occurred.

The city's Generation Yonkers campaign released the following detailed list of projects, which point to real and actual development underway and coming to Yonkers.

Larkin Plaza – \$200 million

Mayor Mike Spano has frequently referred to this development project as “a game changer”

Continued on Page 8

A Wildlife Refuge in Downtown Yonkers!



Mayor Mike Spano and city officials welcome the U.S. Fish and Wildlife Service to Yonkers and the Saw Mill River at Van der Donck Park. Photo by Donna Davis.

Chief of the U.S. Fish and Wildlife Service's National Wildlife Refuge System Cynthia Martinez joined Yonkers Mayor Mike Spano, local high school students and Rick Magder, executive director of Groundwork Hudson Valley, last week to designate Yonkers as an Urban Wildlife Refuge Partnership city. Only 16 other cities across the U.S. have received this designation by the service – the federal agency that manages America's na-

tional wildlife refuges for their significant habitats that protect some of our most important species and provides outdoor recreation opportunities for people.

This designation for Yonkers, which took place in Van der Donck Park, was made because of the city's sustained commitment, in partnership with Groundwork and the service, to restore the lo-

Continued on Page 5

City Launches 2nd Phase Of Generation Yonkers



From left are Leo De La Cruz, owner of Le One Fashions; Judith Huntington, president of The College of New Rochelle; Jairo Paredes, operations manager of Mindspark Interactive; Mayor Mike Spano; Peter Kelly, chef and owner of X20 Xaviars on the Hudson; Joe Cotter, president of iPark; and Kelly DeAngelo, refinery manager at American Sugar Refining.

Yonkers Mayor Mike Spano last week unveiled the second generation of the Generation Yonkers marketing campaign, a groundbreaking economic development initiative designed to position Yonkers as the next great urban frontier to live, work and play.

The new campaign, which was developed by the Westchester-based advertising agency Thompson and Bender, features testimonials from prominent business leaders whose companies have recently moved to Yonkers, opened new start-ups

or expanded their operations in the city. The campaign kicked off last week with ads running for 10 weeks on Cablevision's News 12 to be followed by a print and digital advertising campaign.

As confirmation of the success of the original Generation Yonkers campaign launched last year, Spano announced last week at X20 Xaviars on the Hudson Restaurant that Yonkers currently has more than \$1 billion in commercial and residential projects under development. He was joined at the

Continued on Page 8

Controlling Taxes Is Key



Mayor Mike Spano discusses the importance of controlling property taxes with residents.

By Mike Spano

Staying within the state-mandated property tax cap has always been a good idea, but it's become even more critical in the past two years. That's because the state government has linked a municipality's success in staying within the cap to rebate checks that are mailed out in the fall.

Fortunately, Yonkers taxpayers qualified for those checks last year, and should qualify again

this year because we have kept property tax increases to within the cap. In fact, we've done so for all four budgets I have presented.

Staying below the cap will be increasingly difficult going forward because the cap is getting smaller with the decrease in inflation. Next year the cap will be less than 1 percent, and I'm predicting more local governments than ever in New York

Continued on Page 8

Council Reps. Skip Astorino Endorsement of Nuckel Bipartisan Cooperation in Yonkers



County Executive Rob Astorino with Yonkers mayoral candidate Bill Nuckel .

By Dan Murphy

Last week, County Executive Rob Astorino stopped by Yonkers to endorse the Republican candidate for mayor, Bill Nuckel.

“At the county level, we’ve cut property taxes and reduced the size of the budget, and as a result the private sector has responded by investing in Westchester with the creation of more than 30,000 new jobs,” said Astorino, the top Republican in Westchester – and perhaps New York State. “The same thing can happen for Yonkers if we have a leader who is focused on making government

smarter and more efficient. Bill Nuckel will make protecting Yonkers taxpayers his number one priority.”

“I’m honored to have the support of County Executive Astorino in my campaign,” said Nuckel. “Taxes and spending have been cut at the county level, yet Mayor Spano raised property taxes 10 percent, increased the personal income and sales taxes, and increased spending by \$127 million. Even with state bailouts and abusing his own taxpayers, the city is still a fiscal mess and will only

Continued on Page 8

Yonkers is Hungry for The Return of YoFi Fest

By Mara Der Hovanesian

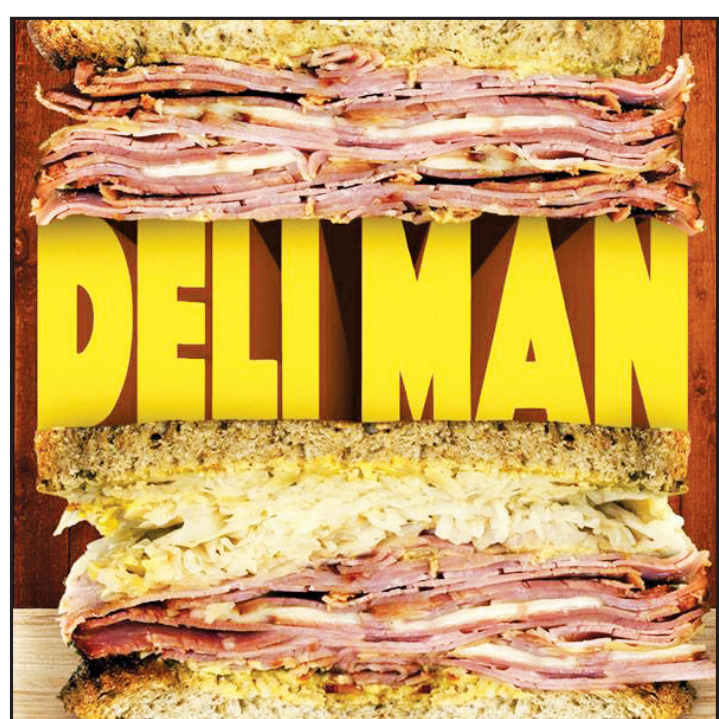
YoFi Fest will kick off its third annual film festival with a winning combo that's literally as good as pastrami on rye.

Opening night of the four-day film event features “Deli Man,” a new documentary by Brooklyn-based Director Erik Greenberg Anjou that chronicles the disappearance of traditional Jewish delicatessens across the country, and the larger-than-life characters who run them.

Moviegoers will not only get to meet some of the colorful deli owners who appeared in the film, but also sample some of the best deli food New York has to offer in an authentic pastrami sandwich throw-down.

“There are very few of us left; we’re a dying breed,” said Ronnie Dragoon, 67, founder of Ben’s Restaurant Group, which opened its first Westchester County location in Scarsdale earlier this year – its seventh in the metropolitan area since 1972.

Dragoon, who pickles his own corned beef and tongue, has a cameo appearance in the film



‘Deli Man’ will be the opening night feature at YoFi Fest.

and will be on hand opening night as a pastrami contestant.

In the tradition of all film festivals, YoFi Fest encourages audiences and filmmakers to connect and converse at screenings, workshops and after parties. That’s akin to the great tradition of kosher and Jewish delis, said Dragoon, who described

Continued on Page 8

Habitat Launches First Armed Forces Build



West Point cadets, volunteering with Habitat for Humanity Westchester, in Yonkers.

Habitat for Humanity of Westchester kicked off its first Armed Forces Build-A-Thon in Yonkers on Oct. 2.

Sixty West Point army cadets joined Habitat in making dreams become reality, and Habitat of Westchester had hundreds of volunteers from General Electric, Argus, Goodwin Proctor, Verizon and many more helping out. Various companies have also gotten involved by sponsoring the various builds for this event.

"This is an amazing week," said Executive Director Jim Killoran. "Every veteran should have a home and a job; we work to that end."

Habitat of Westchester also recently hosted its annual Build-A-Vet a Home golf tournament at the Bronxville Country Club.

Of the homes being worked on during this weeklong event, one will belong to Ivan Arroyo, a Yonkers resident for more than 40 years and a veteran who served in Afghanistan. Ar-

royo, a family man for 28 years, wants nothing more than for his family to feel safe in and around their home.

Arroyo is still active, as he is a member of the National Guard Reserves.

"Not being able to sit outside my door with my family was stressful," he told Habitat. "We had to go to parks just to get have freedom, or jump in the car to get away from the environment. Giving the opportunity to have a Habitat house would be a blessing for my family and a dream come true."

Habitat for Humanity of Westchester also has a strong Young Veteran's Club that continues to grow and continues to help build affordable homes for those in need. The club will most certainly be involved throughout the week.

For more information, contact Killoran or follow Habitat on Twitter @habitatwc and on Facebook.

Riverfront Library Hosts Art Workshop



YoHo Artists Diane Mitchell, foreground, and Marko Gosar work with participants in "The Temperament of Space at Yonkers." Photos by Danica Dsouza.



Diane Mitchell oversees work by participants in the workshop, held at Riverfront Public Library.

YOHO artists Diane Mitchell and Marko Gosar were selected by Hudson River Museum and GroundworksHV, Yonkers, to participate in the National Endowment for the Arts' "Our Towns" grant, with their art project "The Temperament of Space at Yonkers."

On four evenings over a period of one month, Mitchell, who is a professor in the School of Media Studies at the New School, and Gosar, a photographer, with support from graduate students, conducted free two-hour workshops to engage local participants in the

creation of a multimedia presentation of Yonkers.

Participants have documented activities in Yonkers, as well as asked residents to join in their artistic productions. The workshops included editing their pictures into montages and demonstrating interactive soundscapes.

The work will be shown to the public in the form of projected installation of video, photography, sound and poetry Oct. 17 from 2 to 4 p.m. in the Community Room of the Riverfront Public Library.



Eye
Exam
\$9.99^{*}
With Frame
Offer

Designer
Frames

Starting at
\$9.99^{*}

GUESS
BY WHOM
Candie's
HARLEY-DAVIDSON
LACOSTE
DVF
and more!

ACUVUE® OASYS®
Contacts



\$220⁺
Includes Eye Exam
and 1 Year Supply

Under New Ownership
**Cross County
Shopping Center**
5570 Xavier Drive, Yonkers
914.968.6600
SterlingOptical.com  

Use Your
FLEX DOLLARS
Before They Expire

**Sterling
OPTICAL®**
Fashion for everyone

We now accept most insurance plans, including OptumHealth, GHI, Medicaid, Affinity, WellCare, Hudson Health, Aetna, EyeMed, UFT, Local 1199, Transit Workers and more!


See now, pay later ✓ 6-12 months' financing available


*Frame from select group with purchase of lenses. †With purchase of 2-24 packs at \$110 per 24 pack. Cannot be combined with insurance. See store for details. Expires 12/31/15.

ELECTRONIC BLACKJACK HITS

EMPIRE CITY
CASINO

WITH A 3 TO 2 PAYOUT ON BLACKJACK, WE HAVE THE BEST ODDS IN TOWN



 Accurate, Crisp and Fluid are video lottery games operated by the New York Lottery. Must be 18 years of age or older to play New York Lottery games or wager on horses. Please play responsibly. If you or someone you know has a gambling problem, help is available. Call the 24-hour toll-free help line at 1-877-4NYGAMING.

SLC Dedicates New Lab & Field Station at Beczak



Karen Lawrence, president of Sarah Lawrence College, and Mayor Mike Spano.

State and city officials, along with donors and friends of the Sarah Lawrence College Center for the Urban River at Beczak, gathered Sept. 16 at the environmental education and research center to formally open a recently constructed environmental sciences laboratory and field station.

With new real-time river monitoring equipment and a lab outfitted for the study of urban ecosystems that can test samples of water and soil, CURB has expanded the capability of the center, joining with other research centers up and down the Hudson River to contribute to body of scientific data needed to monitor and restore the health of the river.

Joining college officials and donors Vicki and Si Ford of Bronxville, and Barbara Cohn of Manhattan, were Mayor Mike Spano, State Sen. Andrea Stewart Cousins, Assemblymember Shelley Mayer and City Council members Christopher Johnson and Michael Sabatino. Also in attendance were City Commissioner

of Planning and Development Wilson Kimball and Yonkers Public Schools Superintendent Michael Yazurlo.

“With our neighbors and collaborators, the Yonkers Paddling and Rowing Club and Groundwork Hudson Valley – and now Riverkeeper – we are building a vital water testing program, involving students from the college, local high schools and community volunteers as citizen scientists,” said College President Karen Lawrence. “Some of these efforts were put in place before Sarah Lawrence took over management of the center, but now, with our new lab, for the first time the testing can take place right here in downtown Yonkers.

“I want to express my gratitude for the support we have received from the City of Yonkers and Westchester County,” she continued. “Together with our public officials, our civic leaders and our partner organizations we will bring Yonkers to the forefront of sustainable, livable cities.”

YPD Offers \$5K Reward For Michael Nolan Killer

Yonkers native, Saunders High School graduate and baseball star Michael Nolan gave up his battle to live after being shot last month. Nolan, 23, had a promising future and was drafted by the Oakland A’s in Major League Baseball.

“On behalf of the entire A’s organization, I send my deepest condolences to Donna and Jimmy Nolan,” said General Manager Billy Beane.” Michael will always be a member of the A’s family, and our thoughts and prayers are with his family and friends for their tragic loss.”

His shooting, while in the parking lot of a Burger King on Central Avenue at 12:30 a.m. on

Sept. 18, is a tragedy and underscores the problems of violence and guns in our country. The Yonkers Police Department has offered a \$5,000 reward for information leading to the arrest of Nolan’s shooter.

Witnesses have told the YPD that a vehicle drove by and fired five or six shots in Nolan’s direction.

Anyone with information is urged to call the YPD Detective Division at 914-377-7725. All calls will remain confidential. If you wish to remain anonymous, you can also text the key word YPD and the tip to 847411.

This, Too, is Red Lights, Elections and Target

By Eric W. Schoem

Red light cameras. Nothing upsets Yonkersites more than those three words. Except maybe the mention of water bills. How many Yonkers homeowners have received out-of-control water bills over the last year as the city tries to play catch-up for years of being penny wise and pound foolish by not sending out city employees to read water meters?

As we approach Election Day, it is important that voters know how the candidates’ stand on the continuation of these cameras that brought close to \$5 million into the City of Yonkers’ coffers in 2013. There were 97,000 – yes, 97,000 – tickets issued in 2013. And the most interesting words on signage at intersections with red light cameras by current Mayor Mike Spano.

Whenever I write about red light cameras, I always get the question: Who is responsible for them?

A little background: The City Council passed a home rule message to the state requesting the devices. State legislators usually support and introduce legislation in the State Legislature on items in which they have received home rule messages from local legislators; they don’t have to but, they usually do.

The final approval for red light cameras is in the hands of the governor, in this case Gov. Andrew Cuomo. Then, depending on the number of cameras approved by the Legislature, the city contracts with private firms to set up the cameras and run the red light camera program.

The lobbyist that advocates for red light camera companies in Albany also has done lobbying work for the City of Yonkers. Nice work if you can get it! New Jersey ended its red light camera program, as did 80 municipalities across the country.

The cameras are supposed to be for safety, but as my friend and fellow talk show host Mount Vernon Mayor Ernie Davis will tell you, the money the cameras generate comes in pretty handy in municipal budgets, too.

Mount Vernon introduced cameras and just like Philadelphia, they have signs at the approach to intersections with red light cameras alerting motorists to their existence. Theory is that if the signs stop motorists from running red lights, they are as effective as the \$50 a ticket, and at 97,000 tickets, that’s close to \$5 million in revenue-generating cameras Yonkers hosts.

I asked the mayoral and City Council candidates three questions: Are you in favor of the continuation of the red light camera program in Yonkers? Do you support the posting of signs at the intersections with red light cameras alerting motorists to their existence? Any other thoughts on the program?

Mayor Mike Spano said he supports the continuation of the program and the posting of signs at the intersections with red light cameras alerting motorists to their existence. Yes, to my first question, I expected from our good mayor – but support for signage at the intersections with the cameras alerting motorists to their existence? This is something I have been advocating for via these columns. That coming from the mayor shocked me so I double-checked the “yes” answer with the mayor’s campaign manager, Euthimios Theotokos, not once but twice.

For space purposes I have had to edit the candidates’ responses with the hope of presenting



Eric W. Schoen

to you the gist of their positions. Republican mayoral candidate William Knuckel supports the program and signage at the intersections where cameras are installed. Knuckel also supports no left turn signs posted in visible places and references the signage at Lockwood Avenue and Saw Mill River Road as not good. He also supports installing cameras for speeding, which is something less controversial than red light cameras.

Fifth District Councilman Mike Breen supports the continuation of the red light cameras. He claims it has made a difference at Central Avenue and Arlington Street, an area he claims had the highest number of motor vehicle accidents in the county. Breen commented that the red light cameras have become a crime-fighting tool for the Yonkers Police Department and provide revenue to the city with minimum expense.

He would seek out the Yonkers traffic engineer’s opinion on more signage.

Seeing all the awful and inconsiderate drivers on the road today, Breen’s way to solve Yonkers’ budget woes is to ticket every driver in Yonkers who passes a stopped school bus!

Breen’s opponent, Cliff Schneider, is not in favor of the red light camera program. He said he believes drivers should be informed of their locations. He has not yet received a ticket from one (much to his amazement) but is sure he will. He asks if the city has documented that these lights have done any good other than bring much-needed funds to the City of Hills?

Not that this writer is aware of!

Third District Councilman Michael Sabatino said he believes red light cameras “increase the safety of us all.” Sabatino said that what might need to be adjusted is the length of the yellow light transition to provide enough warning before the light turns red. He said he thinks more people need to look at this as a safety issues rather than a “gotcha moment.”

Michael Meyer is running against Sabatino, and his response was blunt. He is against red light cameras, and supports better signage posted as drivers approach a red light camera, and yellow lights with count downs. His thought on the red light camera program? “It’s tax gimmick,” he said.

First District Councilman Christopher Johnson is running unopposed this November. He is not a fan of posting signage at intersections, and said that although it is mostly a money generator, he believes it can cause safer driving. He has become more cautious at all intersections because he is not sure if there is a camera there (although he knows several of the locations from driving past regularly).

I hope he realizes that to the credit of the City of Yonkers, they post the red light locations on the city website. Johnson would like to see data showing if there are less (perhaps just less serious) accidents at the locations with cameras. If so, he thinks the program is worth it.

And so, dear Yonkersites, you have the facts on the red light camera program and the positions of the candidates running for office in November. Vote early and often! And may the best man (sadly no women are running) win!

Target Update

People are wondering the about status of the Target planned for next to Stew Leonard’s and

Continued on Page 8

DONATE YOUR CAR

Wheels For Wishes Benefiting
Make-A-Wish® Hudson Valley

*Free Vehicle/Boat Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*Fully Tax Deductible

WheelsForWishes.org

**Wheels For Wishes is a DBA of Car Donation Foundation.*



Call: (914) 468-4999

MVP is bringing more to Medicare

Learn how you can get a hearing aid for as little as **\$699!**

With exciting new plan choices, new lower rates on many of our popular plans and a brand new hearing aid benefit, MVP’s Medicare Advantage plans are looking better than ever for 2016.



Call **1-888-713-5536**

Monday–Friday, 8 am to 8 pm ET. From October 1–February 14, call seven days a week, 8 am–8 pm. TTY: **1-800-662-1220**.



Visit **MVPcanhelp.com**



The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2015.

MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

Y0051_2801 Accepted 09/2015

ACCEPT THE CHALLENGE! YONKERS FIREFIGHTERS! NOT JUST A JOB BUT A CAREER!



APPLY NOW TO TAKE THE YONKERS FIREFIGHTER EXAMINATION

- ✓ **\$64,724 starting salary**
- ✓ **Excellent benefits and retirement plan**
- ✓ **Promotional opportunities available**
- ✓ **Women and minority candidates are encouraged to apply**

Qualifications

- ✓ **Must be at least 17 years and 6 months of age and not have reached their 29th birthday on the date of written test**
- ✓ **High school graduate or equivalency diploma**
- ✓ **Must be legal residents of Westchester County for at least 3 months immediately preceding the date of the written examination**
- ✓ **Valid New York State Class D Driver’s License**
- ✓ **Must pass medical exam and background investigation**

Written & Physical Examinations

Written Exam: Designed to evaluate knowledge, skills, and/or abilities in the following areas: advising and interacting with others, using logical reasoning to draw valid conclusions, mechanical reasoning, and understanding and interpreting written material pertaining to fire.

Physical Strength/Agility Exam: Test the ability of the individual to perform, in a reasonable manner, the duties and responsibilities of a Firefighter such as climbing a ladder, pulling a fire hose, and lifting fire equipment. You will have the opportunity to go through the physical strength/agility course before actual exam.

Application Deadline:
Friday, December 4, 2015
FEE: \$50.00 (NO CASH)

Examination Date
Saturday, March 19, 2016
Exam No: 61-174

Apply at the Firefighter Recruiting Office

Yonkers Riverfront Library • One Larkin Center, 4th Floor
Mon. - Fri. 8:00 AM - 8:00 PM; Sat. 9:00 AM - 5:00 PM
Tel: (914) 207-2990/91/92

Civil Service • One Larkin Center, 2nd FL
Mon. - Fri. 9:00 AM - 5:00 PM

yonkersny.gov/firerecruitment

Fire Department Begins Hydrant Flushing Inspections

The Yonkers Fire Department announced last week the start of its annual fire hydrant inspections throughout the city. Yonkers fire-fighters are expected to conduct the inspections in a span of approximately three months, between 9 a.m. and 1 p.m. Monday through Friday.

The program is designed to test the city's 4,280 fire hydrants to ensure they are working properly, have proper pressure and can function effectively in the event of a fire.

"October is Fire Prevention Month so it's extremely timely that we begin our annual hydrant inspections now," said Mayor Mike Spano. "While our residents educate themselves about fire prevention efforts, our fire department will be doing its part to ensure fire prevention and response preparation throughout the city, including hydrant inspections."

While the inspections take place, residents can expect to see fire trucks and crews of fire-fighters identifying hydrants on their streets,

and opening the hydrants and flowing water during the testing procedure. While the inspections occur, residents may experience fluctuations in water pressure and discolored water, due to a disruption of the water system from opening and closing the hydrants.

Robo-calls will be sent to residents alerting them when the department will be in their area and may affect their water service.

To prevent laundry staining, it is recommended that residents avoid doing laundry during the hours of inspection; once cold water runs clear it is safe to run laundry. In the event that laundry is ruined, residents are encouraged to contact the Yonkers Water Bureau at 914-377-6765 to obtain "Red-B-Gone" stain remover at no cost.

Residents are encouraged to check the city website at www.yonkersny.gov for the most updated information. Residents can also contact the mayor's helpline at 914-377-HELP (4357) for additional questions or concerns.

Green Appointed Deputy Commissioner of IT

Yonkers Mayor Mike Spano announced last week the appointment of Cheryl Green to the position of deputy commissioner for the Department of Information Technology for the city. Confirmed by the Yonkers City Council on Sept. 29, Green is the first African-American deputy commissioner for the department.

Green currently serves as a business systems analyst for the IT department, a position she's held since 2005.

"I am confident in choosing Cheryl as deputy commissioner for our IT department," said Spano. "Her dedication to her craft, work ethic and her intense knowledge in the field makes her the obvious choice for the job. She is the embodiment of a city leader and I wish her well in this new role."

Green joined the City of Yonkers in 1996 as help desk manager in the IT department, where she provided coverage to computer operations, disseminated work orders and studied operations, procedures and policies. In 1999, she was promoted to client support manager, where she was responsible for installing hardware, troubleshooting problems within the network and providing support to end users.

Green later took on the role of business

systems analyst, a position she held from 2005 to present day. She was tasked with facilitating and coordinating the implementation of computer systems for the city, and also assisted with the preparation of the annual department budget, recommended the purchase of new equipment and researched options to determine the feasibility of implementing new technology to all city departments.

Green holds an associate's degree in business administration from Westchester Community College, a bachelor's of business administration in management information systems from Baruch College, and is currently completing a master's degree in human resource management from Mercy College.

She will serve as deputy commissioner under the direction of Commissioner Bob Cacace.

The Department of Information Technology manages, supports and coordinates the information needs of all the City of Yonkers' agencies through the cost-effective use of technology. It is tasked with establishing cost-effective and efficient information and business solutions for all city departments and agencies, enabling more effective delivery of services to the residents of the City of Yonkers.

Yonkers Police Citizen Academy Starts New Class



Lt. Richard R. Ruyack Jr., left, and Sgt. Peter Scully from Yonkers Police Department at the Police Civilian Academy.

By Phil Foley

Twenty one citizens have made a 12-week commitment to take the 2015 Yonkers Police Citizen Academy Class.

This course started Sept. 23 and will run through Dec. 10, which will also be graduation day. Note that this writer has also signed up for the course that is being given by Lt. Richard Ruyack Jr., executive officer of the Yonkers Police Department Training Division

Since I have signed up for the course, we have had two training class sessions. It reminds me a lot of my college days, almost like taking a three-credit class. My Uncle Edward McNery was a sergeant on the YPD and I have always had nothing but total respect for the department. (In the coming weeks I will update you on the course and let you know what I have learned.)

So far the course has taught me what a tough job a police officer on patrol has. For example, what a police officer sees many times is not pleasant. From a psychological point of view, it is a tough way to spend a career. It is tough to adjust from a brutal day on the job and go home to a normal family life.

The second session offered us a lesson on penal laws and the laws of arrest. The most interesting part of the session was when Sgt. Peter Scully taught us when both force and deadly

force can be used.

With the use of video we learned how little time an officer has to make the decision to use force to protect himself from being injured or, God forbid, even killed. Basically, an officer has only two seconds to make up his mind about any situation at any given time or give the advantage to the suspect. This, of course, is the pressure-packed portion of a police officer's job — one the public has to understand.

What can a citizen gain from this experience? Increased communication and interaction between the Yonkers Police Department and the community it serves; dispel misconceptions between the roles, responsibilities and activities of the YPD; provide participants with the basic understanding of police powers and limitations; familiarize the participants with the dangers, difficulties and ambiguities inherent to police work; foster a citizen-police partnership to combat crime and develop a safer community; and an opportunity to go on a YPD ride along.

If you would like to take part in the next class, which will held at the same time next year, look for the information about it in Yonkers Rising or go on the Yonkers Police Department website at www.YonkersPD.com. Believe me, it is a great experience.

Yonkers PBA to Host Oktoberfest Fundraiser

The Yonkers Police Benevolence Association will host its first Oktoberfest on Saturday, Oct. 17 from 2 to 7 p.m. at the Yonkers Brewing Co., 92 Main St., featuring live German music, food and a selection of beers.

For \$60, attendees get the food, music, a

commemorative glass beer mug and five beers. You can also opt for a non-drinker entrance fee of \$40, which gets you the music, food and commemorative glass beer mug.

All proceeds will go to the Elizabeth Seton Pediatric Center in Yonkers.

Nine High-Schoolers Earn Service Award

County Executive Robert Astorino recently announced that nine Westchester students — from Byram Hills, Irvington, Mamaroneck, Rye and Yonkers high schools — have been selected as recipients of the Westchester County Youth Board's 2015 Milly Kibrick Youth Service Awards for their outstanding service to their local communities.

The awards will be presented at a dinner Oct. 21 at 6 p.m. at the Davenport Club, 400 Davenport Ave., New Rochelle.

The winners are Ariel Milewicz of Armonk, who attends Byram Hills High School; Madison Carelli and Connor Winton of Irvington High School; Jack Phillips of Larchmont, who attends Mamaroneck High School; Lauren Dempsey and Hannah Stacks of Rye High School; Nicole Amoako of Yonkers, who attends Roosevelt High School of Early College Studies; Theodore Kim of Yonkers Middle/High School; and Akash Shroff of Yonkers, who attends Saunders Trade

and Technical High School.

"Milly Kibrick selflessly devoted her life to helping underprivileged children and made a lasting impact in Westchester County," said Astorino. "Even at a young age, this year's honorees have already touched many lives and I offer them my congratulations. I know we will continue to hear from them in the years ahead."

The Milly Kibrick Youth Service Awards are given in memory of Milly Kibrick, a prominent county social worker and youth activist who dedicated her life to helping underprivileged children. During her career and in retirement, she was the quintessential social worker, social entrepreneur, volunteer and political activist, pursuing social and economic justice for children of all ages.

The aim of the Youth Board's awards program is to recognize high school seniors who have been involved in building a flourishing, strong and compassionate community through individual efforts and actions.

Open Invitation to Singers

Singers of all levels are invited to take part in singing Verdi's "Requiem" on Sunday, Nov. 22 at 3 p.m. at the Reformed Church of Bronxville, 180 Pondfield Road. It is expected the concert will have more than 100 performers. Choir rehearsals will commence Oct. 22, and continue every Thursday from 7:30 to 8:30 p.m.

The Chancel Choir of the Reformed Church will be enlarged by numerous guest chorists from the surrounding communities, and be under

the leadership of Dr. Sandor Szabo, organist and director of music at The Reformed Church. Szabo has performed and conducted in major concert halls and cathedrals in Europe and throughout North America.

The orchestra will feature professional musicians from the tri-state area.

The concert is free and all are welcome. For more information, call 914-337-6776 or visit www.reformedchurch.org.

Your Homeownership Partner



The State of New York Mortgage Agency offers:

- **Competitive, fixed-rate mortgages for first-time homebuyers**
- **Downpayment assistance available up to \$15,000**
- **Special program for veterans, active-duty military, National Guard and reservists**
- **Funds available for renovation**

1-800-382-HOME(4663)
www.sonyma.org



Outer Banks, North Carolina - Vacation Rentals



- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- Fall Weeks... Still feels like summer - Discounts!!!

Reserve your family vacation today!

877-642-3224 . www.brindleybeach.com



On This Day in Yonkers History...



Fola La Follette, middle, and Rose Livingston, right, show their support for a 14-year-old striker in 1913.

By Mary Hoar
President Emerita2, Yonkers Historical Society

Monday, Oct. 19

Oct. 19, 1915: New York banker Thomas Hamden Rhoades pleaded guilty to charges of speeding...over the phone. Judge Beall reserved the decision on the fine he would impose until Rhoades appeared in Yonkers court.

Oct. 19, 1915: At an election meeting of 1,500 women's suffragists in Philipsburgh Hall, Republican mayoral candidate Gideon Peck declared the "morale of the body politic" would rise when women got the right to vote. His opponent, Mayor Lennon, and alderman candidate Thomas Brogan also addressed the crowd. Keynote speaker was Fola LaFollette, actress and daughter of Wisconsin Sen. Progressive Republican Robert LaFollette; her mother was lawyer and suffrage activist leader Bell Case LaFollette.

Fola was part of the "mink brigade," a group of wealthy women who supported a woman's right to vote, lending the weight of their social standing to the cause.

Tuesday, Oct. 20

Oct. 20, 1899: The fruit store at 78 Riverdale Ave., across the street from the City Hose Company, burst into flames. The fire company got there as soon as the fire bell sounded, quickly followed by Chief Mulcahey and his "regulars." The owner, Samuel Schwartz, and his family lived in the rear of the store; Mrs. Schwartz got out with two children, but two were left behind.

Firemen Farrington, Durney and Lorenz entered the store by a rear window and found the pair overcome by smoke. Lorenz took 6-year-old Anna and handed her to Policeman O'Mara. Farrington also saved the second child, 10-year-old Joe.

Oct. 20, 1906: Police officials reported the receipt of numerous complaints about roller-skating in Yonkers on Sundays, in violation of the Sunday laws.

Wednesday, Oct. 21

Oct. 21, 1911: Yielding to the demands of Fire Chief James Mulcahey, the Board of Education voted to place fire extinguishers in the city's schools.

Oct. 21, 1926: Ogden Mills, Republican gubernatorial candidate, addressed 1,800 people at a rally in Columbus Hall. He lost to Alfred E. Smith.

Oct. 21, 1926: Mayor Walsh rapped the architect's plan for the proposed Yonkers Post Office and federal building as "unsightly and homely." He said a building costing nearly \$1 million should be more pretentious than the proposed design.

Thursday, Oct. 22

Oct. 22, 1921: Police were looking for the car thief who stole an automobile owned by L.F. Barnhart. The miscreant drove the car 75 miles and returned it to the Radford Street garage...with both license plates missing.

Oct. 22, 1924: Yonkers traffic officers began using the New York City method to keep track of cars exceeding the parking time limit in the business section. The officers making their rounds chalked the time of arrival on one of the tires. On return rounds, summonses were issued to cars parked overtime.

Oct. 22, 1928: After an investigation into the bad taste of Yonkers water, Water Bureau Superintendent Harry Foley issued a formal order directing the Pyridium Chemical Company of Nepera Park to shut off the outflow of all wastewater and chemical fluids from the plant.

Friday, Oct. 23

Oct. 23, 1911: Cornelius Smith of Warburton Avenue received word that his son Proctor Smith had uncovered a rich find in his gold mine in the Porcupine District of northern Ontario. The younger Smith owned the mine with Col. Lionel Stuart-Weatherly, British vice consul at Nome Alaska.

Oct. 23, 1916: Allan L. Benson of 1 Arthur St., the Socialist candidate for U.S. president, discovered he could not vote in the election. Out of Yonkers campaigning for several weeks, he had not registered to vote.

Saturday, Oct. 24

Oct. 24, 1915: A small riot broke out when Main Street peanut peddlers used their fists to settle the question of who "owned" which cor-



Ogden Mills in 1927. He later became secretary of the treasury for Herbert Hoover's Cabinet.

ner. While one man stated that a woman sold his stand to him, she appeared the next day with six relatives to set up her business within two feet of his cart. The court was kept busy trying to decide who was guilty of assault and who should be charged with disorderly conduct.

Oct. 24, 1918: Official figures for Yonkers' Fourth Liberty Loan campaign showed Yonkers people subscribed to \$5.25 million worth of Liberty Loans, far exceeding the quota of \$3.4 million.

Oct. 24, 1942: Yonkers held a citywide scrap collection for homes and businesses. Forty Army trucks, driven by soldiers and manned by patriotic Yonkers men, picked up scrap metal at the curb in front of homes, apartments and businesses. Boy Scout buglers sounded the call for "scrap" as the trucks drove through the streets.

There also was free removal of auto bumpers at Larkin Plaza from 10 a.m. to 10 p.m. Wooden bumpers were installed in place of the donated metal ones.

Sunday, Oct. 25

Oct. 25, 1920: The Armour Villa Park Association held a meeting to discuss being annexed to the Village of Bronxville. The residents attending the meeting stated that their social and business associations were in Bronxville, and they had no interests in common with the people of "Yonkers proper."

Oct. 25, 1924: A tip that 80 revolvers had been shipped to Yonkers from Philadelphia led to a raid at 8 Herriot St., by a combined force of Yonkers police and New York City detectives, resulting in 25 arrests. Bullets discovered there matched those found at a Corona murder scene, leading authorities to uncover a plot to hide Hip Sing tong gunmen in Yonkers. Questioning the neighbors the next day led police to believe high officials of the tong had visited the Yonkers headquarters the day before the raid.

Four members of the society had openly patrolled the block while two additional men stood guard at the corner of New Main and Herriot, while the special guests conducted business.

For more information on the Yonkers Historical Society, Sherwood House and upcoming events, visit www.facebook.com/YonkersHistoricalSociety, LinkedIn or Twitter @YonkersHistoric. For information on membership in YHS, call 914-961-8940 or email yhsociety@aol.com.

Israeli Art Exhibited at Lincoln Park Jewish Center

By Robert Kalfus

Tsfat, a picturesque city in the northern hills of Israel, is well-known as a home to mystics and kabbalists for more than 1,000 years, and more recently as an artists' colony. The Canaan Gallery, based in Tsfat, is bringing an exclusive showing of their artists' work to display for sale at the Lincoln Park Jewish Center.

A free exhibit of art and artists represented by the Canaan Gallery will be available at the center this coming weekend. A pre-show Saturday, Oct. 17 from 8 to 10 p.m. will exhibit art

from a dozen different Israeli artists and also feature free cheeses from Tsfat, and tastings of wine from the Golan Heights.

The exhibit, featuring fine weaving, Judaica art, jewelry and paintings from the Canaan Gallery artists will continue Sunday, Oct. 18 from 11 a.m. to 8 p.m.

Admission is free. For more information, visit www.LPJC.org or call 914 965-7119. Lincoln Park Jewish Center is located at 311 Central Park Ave., Yonkers. Ample free parking is available.

School Board Meetings

The Yonkers School Board Policy Committee meeting will meet Monday, Oct. 19 at 5 p.m. in the board conference room on the fourth floor at One Larkin Center.

Communications from the community will

be heard Wednesday, Oct. 21 at 7 p.m., and the regular Board of Education meeting will follow at 7:30 p.m., at Saunders High School in the Angelo Paradiso Auditorium at 183 Palmer Road, Yonkers.

A Wildlife

Continued from Page 1

cal environment including the daylighting of the Saw Mill River, buried for decades by a parking lot, creating Van der Donck Park.

"With a majority of Americans living in urban communities, it's important that we expand beyond our national wildlife refuges to create a lasting connection between young people, urban residents and the great outdoors," said Martinez. "The service's urban conservation program provides opportunities for people to experience nature where they live and better connect them with these special places. With dedicated partners, our goal to bring wildlife conservation into cities is sustainable and attainable, as we see here in Yonkers."

Groundwork Hudson Valley has led the partnership with the USFWS.

"We have been working closely with the city and the U.S. Fish and Wildlife Service for many years, and this designation dramatically highlights our success in creating real habitat in an urban area that is federally recognized as significant," said Magder. "At the same time, we are training a new wave of conservationists who will protect these valuable resources here in Yonkers and at our nation's wildlife refuges over the next generation."

Groundwork Hudson Valley will receive a \$30,000 grant from the Five Star Urban Waters Restoration Grant Program, which is administered by the National Fish and Wildlife Foundation, to support jobs for young people to engage in hands-on conservation work in the city, preparing them for potential careers in conservation, and to provide outdoor recreation opportunities for Yonkers residents.

Projects include continued restoration of the Saw Mill River and the creation and restoration of small nature parks and trails in neighborhoods in southwest Yonkers and throughout the lower Hudson Valley.

"The award-winning daylighting of the Saw

Mill River shows that environment restoration and economic development go hand and hand," said Spano. "The project has transformed our city and brought once-lost fish and beavers back to the river in downtown Yonkers. We're proud to be designated as a U.S. Fish and Wildlife Service Federal Conservation Site and look forward to a strong, continued partnership with the service and Groundwork Hudson Valley that will further connect Yonkers residents and visitors to our rivers and parks."

The Saw Mill River daylighting is a nationally recognized example of urban river restoration. The USFWS staff helped Groundwork and the city design the habitat five years ago so that fish and wildlife could thrive. The river park is now home to a wide range of species, including the American eel, river herring, turtles, mallards and threatened birds, such as the American Phoebe.

American Phoebe bird boxes were built by Groundwork's youth corps during the event for installation in the park, led by Curt Collier, deputy director of Groundwork Hudson Valley. A sign was also unveiled to officially designate the site.

"The Groundwork Green Team is helping us uncover and rediscover our very own natural gem that for too long was ignored and mistreated," said Congressman Eliot Engel. "The result is a beautiful public space the entire community can share, and an ecosystem that is cleaner and more resilient. I'm unbelievably proud of these students because they are not just caring for the environment, they are demonstrating what our community's next generation of engaged, proactive leaders can achieve."

The partnership between Yonkers and the U.S. Fish and Wildlife Service was developed over the last three years by Groundwork Hudson Valley and its award-winning youth conservation program. Youth from Yonkers are working at the Wallkill National Wildlife Refuge in New Jersey to improve habitat along the Wallkill River. In turn, Wallkill staff visit Yonkers to help youth improve biodiversity along the Saw Mill River and soon-to-be constructed Yonkers RailTrail.



Councilwoman
Corazón Pineda-Isaac
Presents...



FREE
3-on-3
BASKETBALL TOURNAMENT

With Dr. Jim Bostic, Th. D
Former NBA Player, High School & College Basketball Coach

SATURDAY, OCTOBER 24th, 2015
3:00PM – 7:00PM

YONKERS MIDDLE HIGH SCHOOL GYM
(150 Rockland Avenue, Yonkers, NY)

Open to kids ages 13-18 (Yonkers Residents Only)
Registration DEADLINE: Friday, October 16th

FOR MORE INFORMATION CONTACT:
Leslye Oquendo-Thomas, Legislative Aide to
Councilwoman Corazón Pineda Isaac
By phone: (914)377-6951, fax: (914)377-6309 or
E-mail: Leslye.oquendo-thomas@yonkersny.gov
Registration forms can be e-mailed, faxed, or hand-delivered to the
Nepperhan Community Center, YMCA, PAL, or City Hall, Suite 414.

Yonkers Election 2015 Debates

- **Yonkers Chamber of Commerce – Oct. 20 at 7:30 a.m. at St. John’s Hospital**
- **CHAT Association – Oct. 22 at 7 p.m. at Will Library**
- **East Yonkers – Oct. 26 at 7:15 p.m. at Sarah Lawrence, LWV**
- **News 12– to be determined**

Seniors and Health Care

We Need to Elevate NY to A Higher Level of Safety

By Frank Spotorno

Last month I attended the 2015 National Association of Elevator Contractors' 66th annual convention and exposition in Boston. Among the many informative panel discussions, topics included the latest in technologies in the industry, basic safety standards for the elevator industry, and elevator door safety.

As I returned home to New York, I learned about another death on a New York City elevator. Eran Modan, 37, was killed in an elevator cab in a luxury apartment building in Brooklyn when the door of the elevator remained open as the elevator fell to the basement. Modan tried to climb out of the elevator as it climbed back to the lobby, crushing him to death.

The elevator is only seven years old, but had received violations in 2012 and 2013 from the New York City Buildings Department for unsafe or unreliable conditions, according to the New York Times. P&W Elevators performed the inspection test in 2013 and declined to comment.

Perhaps the reason P&W declined comment is because it employs non-union workers, who are not educated or trained in elevator inspection and repair, to make sure the elevators they maintain are safe.

In May of this year, I pushed for legislation in New York State to help protect all of us who use and ride elevators every day. The bill would have required "the licensing of persons engaged in the design, construction, operation, inspection, maintenance, alteration and repair of elevators and other automatic people-moving devices and creates the New York State elevator safety and standards board and the elevator and related conveyances safety program account."

The State Assembly has passed this bill for many years, but once again, this common-sense

solution to an every-growing safety concern died in the NYS Senate. It was never released to the floor for a vote because the powerful real estate industry in New York City was able to use its influence, and campaign contributions, to keep the bill from a vote.

I guess the owners of buildings in NYC and elsewhere would rather save a few dollars and hire unqualified repairpersons and inspectors. It is a horrible and selfish decision, which puts their tenants, employees and visitors at risk.

Thirty states in our country require training and licensing of elevator repairpersons and inspectors, including Massachusetts, Connecticut and New Jersey, as of Jan. 1, 2016. Why hasn't New York State passed this law?

I hope we don't have to wait for a major tragedy to occur before we can get this law passed.

I still know we can. Let's elevate New York to a higher level of safety.

The problems in passing this law are a symbol of the problems we have in our government today, on all levels. Nobody will step up and do what is right for the people of New York State. We can't continue to sit by on the sidelines and hope for the best.

It should not be acceptable for our elected officials in Albany and Washington, D.C., to be unable to sit down and come to an agreement and a compromise on the important issues of the day.

I'm running against Chuck Schumer for U.S. Senate because we need to bring millions of manufacturing jobs back to our country. But I'm also running to make sure the people of upstate New York are no longer ignored.

Chuck Schumer is more concerned about becoming the next majority leader of the U.S. Senate. We need to elect a senator from New York who will put the interests of our state first.

Free Flu Shot Clinics in White Plains & Yonkers

The Westchester County Health Department will offer free flu shots to residents by appointment at vaccine clinics in White Plains and Yonkers this month and next month.

"Scheduling a flu shot early in the season for you and your family is a smart preventative measure to stay healthy throughout the year," said County Executive Robert Astorino.

A clinic is scheduled for Nov. 10 from 10 a.m. to 6 p.m. at the County Center in White Plains. To schedule an appointment, go to <http://health.ny.gov/Go2Clinic> and click on "Westchester," or call 914-995-7425.

Also, the first and third Fridays of the month, the health department hosts a clinic in White Plains, from 9 a.m. to 3 p.m. (call 914-995-5800); and the second and fourth Fridays, the department hosts a clinic in Yonkers, from 9 a.m. to 3 p.m. (call 914-231-2500).

"The sooner you get a flu shot, the longer you will benefit from it during flu season, which can last from October to May," said Health Commissioner Dr. Sherlita Amler. "It's also important to know that you need a flu shot

every year and that even healthy people can get very sick from the flu and spread it to others."

Flu shots are recommended for everyone older than 6 months of age, with rare exceptions. People most at risk for complications from the flu include pregnant women, adults age 65 and older, children younger than 5, residents of nursing homes and other long-term care facilities, and anyone who has certain underlying medical conditions, such as asthma, heart disease or diabetes.

To avoid spreading the flu, cough or sneeze into your elbow and wash your hands frequently with soap and water frequently. If you do get a respiratory infection, stay home until 24 hours after your fever subsides to avoid spreading your germs. Clean surfaces you touch often, such as doorknobs, water faucets, refrigerator handles and telephones; and get plenty of rest, exercise and eat healthy food.

For more health information, go to www.westchestergov.com/health, "like" the department at [Facebook.com/wchealthdept](https://www.facebook.com/wchealthdept) and follow it on Twitter @wchealthdept.

League of Women Voters Gears Up for Elections

While the 2016 presidential election is already making headlines, local Westchester voters are now turning their attention to the Nov. 3, 2015 election for local and county-wide office – and the League of Women Voters of Westchester is working hard to provide nonpartisan information about the 235 candidates in 150 races and their positions on issues, as well as the propositions on ballots in Westchester County.

In the last few years, the LWV has updated its website, www.Vote411.org, enabling candidates to expand on their information in the traditional printed Voter's Guide and to include late-arriving information. Also as a result of advances in electronic media, local candidate forums – once limited to a live audience – are replayed on cable television and can be linked on demand from websites and Facebook.

At least 15 forums are scheduled this year.

On the www.Vote411.org website, all candidates for municipal and county offices were invited by the League of Women Voters of Westchester to provide answers to questions about themselves, specific issues and their contact information. Voters then can go directly to the website, type in their address,

and see a personalized ballot with the names and information placed by the candidates.

The site also gives voters their polling locations, which includes access to a map and directions.

Copies of the printed Voter's Guide, with information from the website submitted by the print deadline, will continue to be available in libraries and other public places. Check your local media for information on League candidate forums and access to video coverage, or contact the League office at 914-949-0607.

Local Leagues in various Westchester communities have also registered dozens of voters by setting up tables at local events, public places and college campuses.

"Voting is the most straightforward means for influencing public policy," said Marylou Green, LWVW president. "No one should minimize the importance of every ballot cast; elections have been decided by a handful of voters, or even one vote."

The League of Women Voters is a non-partisan, grassroots political organization with chapters throughout the 50 states. The League neither supports nor opposes candidates, but promotes informed citizen participation in government through education and advocacy. Membership is open to all citizens of voting ages.

LGBT History Month

By Julissa Javier

Social Security assistant district manager, Yonkers

October is National Lesbian, Gay, Bisexual and Transgender Month, which is intended to encourage honesty and openness about being LGBT. First celebrated in 1994 to coincide with National Coming Out Day, the month has evolved to include a more diverse range of people identifying as LGBT.

On June 26, 2015, the Supreme Court issued a decision in Obergefell v. Hodges, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income payments.

Since a previous Supreme Court decision in 2013, Social Security has been able to recognize some same-sex marriages and non-marital legal same-sex relationships for purposes of determining entitlement to or eligibility for benefits. We also consider same-sex marriage when processing claims for SSI, as marriage may affect your SSI eligibility or payment amount.

We're working closely with the Department of Justice to develop and implement policy and processing instructions to implement the June 26, 2015 Supreme Court decision. As we have additional information, we'll update our website and issue instructions to our staff. You can read more about important information for same-sex couples at www.socialsecurity.gov/people/same-sex-couples.

In the meantime, if you're a spouse, divorced spouse or surviving spouse of a same-sex marriage or non-marital legal same-sex relationship, we encourage you to apply right away for benefits. Applying now will preserve your filing date, which will protect you against the loss of any potential benefits.

If you have any questions about how to apply for benefits, call toll-free 1-800-772-1213 (TTY 1-800-325-0778). We can answer specific questions from 7 a.m. to 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday. We treat all calls confidentially.

Visit www.socialsecurity.gov/people/same-sex-couples to learn more.

Humana

At HomeSM

CERTIFIED HOME HEALTH AIDES, RN's and LPN's.

THOSE LOOKING FOR IMMEDIATE PLACEMENT

Call Today: 1.914.437.8221

DRIVERS AND LIVE IN's NEEDED!

Competitive Pay/Holiday Pay

Paid Time Off/401k/Medical Benefits

LOSE WEIGHT AS IF YOUR LIFE DEPENDED ON IT.

Start by losing 10 pounds in 2 weeks.*

Being overweight increases your risk of heart disease, stroke, diabetes and many types of cancer, it also can take years off your life. Our programs offer strategies unavailable to commercial weight loss programs.

• Non-surgical weight loss

• 95.3% maintain weight loss after one year**

• One-on-one with a physician



the center for medical weight loss®
866.856.5807 | www.cmwl.com



"Successfully achieve significant weight loss"



Lisa Trencher, MD

16 School Street • Rye, NY 10580

*Based on a stratified random sample of 223 women and 99 men on a medically prescribed diet. **Based on an original sample of 550 obese men and women that began a CMWL program. 150 original participants continued care for 12 months and visited physician in 12th month of care.



Saint Joseph's Cardiovascular Center



Evan S. Levine, M.D.



Stuart W. Moser, M.D.

EXCELLENT CARE

CLOSE TO HOME

**Open Monday through Friday
9:00 AM and 5:00 PM**

**CARDIOVASCULAR IMAGING
SERVICES AVAILABLE ON-SITE**

- ✓ Echocardiography (Echo)
- ✓ Electrocardiogram (EKG)
- ✓ Nuclear Cardiology
- ✓ Stress Testing
- ✓ Vascular Ultrasound

To make an appointment to see one of our board certified cardiologists or to schedule a diagnostic imaging appointment, please call (914) 308-7350.

**530 Yonkers Avenue
Yonkers, New York 10704**

Cross County Announces ‘Halloween Spooktacular’



There will be tricks, treats and lots of fun at the Cross County Shopping Center's "Halloween Spooktacular."



To add to its year-round lineup of family-fun activities, Cross County Shopping Center will host its annual Halloween Spooktacular event Friday, Oct. 23, which attracts thousands of people from throughout Westchester County and the surrounding areas.

A magic show, costume contest, trick-or-treating parade and more – such as live music and strolling characters – is what is in store for families at the event. From 5 to 8 p.m., guests can visit the mall in Yonkers to get an early start on the upcoming holiday's fun and spooky festivities.

"We are getting ready for the Halloween season with fun activities for everyone to enjoy – plus, we're so excited to have back Binx the Cat for festive 'selfies.' That was a big hit last year," said Liz Pollack, senior marketing manager. "Our events are about bringing guests to one central location to enjoy quality time, while also providing them with an opportunity to shop and dine together as a family. Many of our visitors use this event as a way to enjoy some of our new eateries, such as Olive Garden and Longhorn Steakhouse, plus check out gift items for the up-coming holiday season, which is right around the corner."

During the event, visitors will be invited to take a picture with Binx the Cat, a 20-foot-tall inflatable black cat, and share their photo on Cross County Shopping Center's social media pages: Twitter – @ShopCrossCounty, Instagram

– CrossCountyShoppingCenter, and Facebook – CrossCountyShoppingCenter, using the hashtag #CCSCBinX.

The Halloween Spooktacular will take place on The Green at the center of the mall.

A magic show will take place 5 to 5:30 p.m., when kids can enjoy a show that combines comedy, magic and audience participation. Then from 5:30 to 6:30 p.m. there will be a costume contest.

Children will be grouped by age (birth to 3 years, 4 to 6 years old, 7 to 9 years old, and 10 years and older). They will then go on stage together and judges will select their top three favorites based on the funniest, scariest and most original costume. The winners will receive a fun prize.

Note that guests over the age of 13 are not permitted to wear face masks.

A trick-or-treating parade will take place from 5:30 to 8 p.m. Families can stop at different stations throughout the shopping center to collect treats – and a few tricks.

While the event is free, visitors should RSVP so the mall can be sure to have enough supplies on hand for everyone. Call 914-968-9571 or email dena.boyle@macerich.com. Cross County Shopping Center is located at 8000 Mall Walk, Yonkers. Parking is free.

For more information, visit www.crosscountycenter.com.

Halloween Season in Downtown Yonkers



A Halloween pet parade is always a Yonkers BID treat.

YONKERS 1ST ANNUAL PUMPKIN CARVING CONTEST



PRIZES FOR BEST PUMPKIN
Bring your pumpkin creation to The Yonkers Downtown BID by October 20th to enter*.

Drop off location: 15 Main Street, Yonkers
Display location: 16 Warburton Ave., Yonkers

FAMILY PUMPKIN DAY
October 17th, 4:00pm-6:30pm
Free Pumpkin Painting & Carving
Yonkers YMCA: 17 Riverdale Ave., Yonkers



HALLOWEEN PET PARADE

Bring your pet in their best Halloween costumes
Lots of prizes, treats, and music
Plus more Pumpkin Painting at the Science Barge
October 31st, 1pm. 71 Water Grant St, Yonkers



PRESENTED BY THE YONKERS DOWNTOWN BID, THE YONKERS YMCA, AND THE BLUE DOOR ART CENTER

*Visit YonkersDowntown.Com/Halloween for more events, contest rules, and more information.

This October, Downtown Yonkers is offering dozens of free festive events for the entire family.

For the first time, the Yonkers Downtown Business Improvement District is reaching out to the entire region to participate in a pumpkin carving contest. Everyone is invited to be part of the action – just create your pumpkin masterpiece and bring it to the BID office at 15 Main St. by 4 p.m. Oct. 20, to enter. Winners are eligible for a free dinner at one of Yonkers' finest restaurants.

For families that want to craft a pumpkin creation together, join the Yonkers YMCA on Oct. 17 from 4 to 6:30 p.m. for family pumpkin painting. Supplies are limited, so get there early (donations of pumpkins are also being accepted so more families can participate). Each of the unique pumpkins will be on display at 16 Warburton Ave., from Oct. 21 to 31.

On Oct. 31 there will be many Halloween events, but one of the most notable is the Yonkers Downtown BID's Halloween pet parade. Dress your pet up (any kind of pet) for the occasion and win one of 10 different prizes. Starting at 1 p.m., the costumed pets will parade from

the Waterfront Amphitheater at 71 Water Grant St., to the Yonkers Downtown Sculpture Garden near Palisades Point.

Afterward, visit the Science Barge for music and more pumpkin painting. It is a fun, free event that any species can enjoy.

That evening, after the kids are all asleep, visit Zuppa, Dolphin, Yonkers Brewing Co., or any of the other downtown Yonkers restaurants for special parties and treats.

October is also National Breast Cancer Awareness month. Join Retro Fitness for its second annual outdoor Zumba event to raise awareness for an issue that impacts so many families in the community. This free event will be held Oct. 28 starting at 5:30 p.m. Hundreds of people attended last year and thoroughly enjoyed Zumba in the streets in front of 66 Main. Join them to dance, learn about breast cancer treatments and prevention, and celebrate the community in style. If it rains, there will be an indoor location nearby.

For more details on all the events happening this October in Yonkers, including the YoFi Film Fest, Spanish Heritage Month and the Yonkers Marathon, visit www.YonkersDowntown.com.

Meet Mercury



Bring Mercury home today.

The Yonkers Animal Shelter has many pets available for adoption.

Mercury is a beautiful, blue-nose bulldog about 1 year old and weighing 55 pounds. She was found as a stray about a month ago and has since settled in nicely at the shelter. She loves to run and stretch her long legs, and enjoys a Frisbee or a tennis ball.

Mercury is affectionate and loves people.

She would be fine with older children, but would not do well in a busy, active home as she is somewhat shy and afraid of loud noises such as fireworks. She is both dog- and cat-friendly.

Visit Mercury at Yonkers Animal Shelter, 1000 Ridge Hill Blvd., between 11 a.m. and 4 p.m. daily. For more information, call 914-377-6730 during business hours or 201-981-3215 at any time, or email lesliem147@gmail.com.

Yonkers Sports Roundup: Saunders & Gorton Football Roll



The Saunders High School Blue Devils football team.

By Phil Foley

Saunders High School football played with heavy hearts last Saturday at their home field, after losing alumnus Mike Nolan, a pitching prospect with the Oakland A's who passed away earlier in the week. (The game also marked Saunders' homecoming game and "Senior Day.")

The final score was Saunders, 39 to Riverside, 6. Senior Quarterback Richie Kirwin threw two touchdown passes and Markiece Jones ran for 111 yards and scored his sixth TD of the season.

Gorton traveled to Long Island last Saturday, where it manhandled Long Island Lutheran 36-16. Coach Dan DeMatteo reported that it was an all-out ground assault with the rushing game pounding out 417 yards. Ian Ricketts Jr. rushed 23 times for 156 yards, and had three tackles and two sacks.

Romarch Smith had a great game, too.

He had 14 rushes for 146 yards, and two TDs (46- and 30-yard runs), and 10 tackles on defense. Rounding out the scoring were Jahkell Dunnican with a 1-yard fumble recovery TD; Anthony Smith on a 10-yard run for a TD; and Malik Jones on a 92-yard fumble recovery for a TD.

Other Football Scores were: Peekskill, 49 – Roosevelt, 0; Briarcliff, 37 – Palisade Prep, 0; and Croton-on-Hudson, 34 – Yonkers Montessori, 15.

This Saturday, Oct. 17, Riverside will play at Gorton, Roosevelt will play at Lincoln, Saunders will play at Yonkers (Roosevelt H.S. field), and Yonkers Montessori Academy will play at Pleasantville (Section One playoff game). Kick-off is at 1:30 p.m.

In boys' soccer, on Oct. 6, the Riverside Rams defeated the Gorton Wolves in girls' soccer 4-0. Stars of the game for the Rams were (all goal-scorers) Annemarie Heid, Melanie

Siranaula, Natalie Delvalle and Falmari Rojas. Protecting the net with an excellent effort was Jackie Martinez.

On Oct. 7, Saunders defeated league opponent Gorton 1-0. Juan Mejia scored the lone goal in the 56th minute of play and Melvin Ponce recorded the first shut-out of the season for the Blue Devils.

Saunders is now 4-1 in league play, sitting in second place. Thanks to Coach Michael Denman for sending the results of the game to us at the Yonkers Rising Sports Desk.

Thanks to Coach Michael DelNegro for reporting the game results.

In girls' volleyball, on Oct. 6, Palisades Prep lost to East Ramapo in three sets, 12-25, 11-25 and 14-25. Khadijah Ibrahim had four aces, two kills and one dig, and Niya Nelson had one ace and four kills. Thanks to Coach Laura Della Rocca for sending us the results.

On Oct. 6, it was reported by Kaleigh Fair-

ley that Riverside defeated Roosevelt 3-1 in four matches. Riverside's A Ruiz had 10 kills and F Joseph had five.

On Oct. 7, it was reported by Coach Janaya Josephs that Yonkers defeated Tuckahoe, with scores of 25-6, 25-15, 20-25 (Tuckahoe) and 25-11. Stars of the games for Yonkers were Leanna Bello with seven aces, one kill and 20 assists; Nicole Frascati with two aces and 13 kills; and Amanda Marji with five aces and four kills.

On Oct. 9 it was reported that Yonkers defeated Roosevelt, 25-5, 25-13 and 25-19. The stars of the games for Yonkers were Leanna Bello with eight aces, two blocks and nine assists; Nicole Frascati with two aces, seven kills and one assist; Amanda Marji with four aces and five kills; and Stephanie Pino with six aces and one assist.

On Oct. 9 it was reported by Coach Laura Della Rocca that Palisades Prep lost to North Salem, 10-25, 5-25 and 9-25.

Papagayo Wins International Trot at Yonkers Raceway



Tim Rooney Sr., CEO of Yonkers Raceway, right, with Papagayo owners, trainer and driver Ulf

The return of the International Trot to Yonkers Raceway was a big success, with Papagayo E. from Norway winning race between 10 of the best trotters from around the globe, all competing for the \$1 million purse – the highest in New York State trotting history.

Papagayo was driven by Ulf Ohlsson and was not the favorite. Readers of Yonkers Rising

who saw Papagayo and its trainer on the front page who decided to take a chance on the horse got a 9-1 return.

Timoko, from France, finished second by a half-length in a close finish, and U.S. horse American Creatine finished third. The favorite in the race, Bee A Magician from Canada, finished sixth.



Ohlsson, right. Photo by Donna Davis.

Congratulations to Papagayo's owners, Tom Anderson and Claes Sjolín, who praised their rider Ulf for a perfect drive. And congratulations to Yonkers Raceway CEO Tim Rooney for bringing the race back to Yonkers, and putting the city in the spotlight for visitors from six countries.

The Yonkers half-mile oval last hosted the

International Trot in 1995. "It's our pleasure to bring back the International Trot. We feel this was the best time to showcase our track to the world by again inviting the best trotters in the world to race here," said Rooney, who as always welcomed the owners, horses, trainers and drivers with open arms and gave them a true Yonkers welcome.

COLLEGE STARTS HERE AT STEPINAC

LEARN MORE AT OUR OPEN HOUSE ON OCTOBER 25

College Starts Here:

- Supportive, disciplined atmosphere with a strong sense of camaraderie and Christian values
- An innovative, best practice personalized blended learning environment including the first-of-its-kind all-digital textbook library
- Courses with transferable college credits
- 19 Advanced Placement Courses (starting in freshman year)
- Award-winning Drama & championship interscholastic sports programs
- 100% college acceptance rate
- Affordable tuition
- Ranked as one of the nation's top 50 Catholic high schools



Archbishop Stepinac High School
950 Mamaroneck Avenue | White Plains
(914) 946-4800 | www.stepinac.org

PRESENTATIONS AND TOURS AT 1 PM, 2 PM, AND 3 PM

Pre-register for Open House by visiting www.stepinac.org



Parents can get a firsthand look at a day in the life of a Stepinac student by scheduling an "Open Campus" visit. For Tour Dates, visit www.stepinac.org and click **Admissions** or send an email to admissions@stepinac.org.

Pride in Our Past, Faith in Our Future